

The Housewife and the War

(Special Information Service, United States Department of Agriculture.)

PLAN YOUR MEALS TO SAVE FUEL.



Only Three and a Half Cents' Worth of Gas Were Required to Cook in Oven This Entire Delicious Meal.

SAVING FUEL IS PATRIOTIC DUTY

Housewives Are Urged to Practice Economy in Arranging Meals for Family.

COOK ENTIRE MEAL IN OVEN

Compartment Vessel Which Enables One to Cook Two or Three Vegetables Over One Burner Is Worthy of Attention.

It is just as much a patriotic service for you to save fuel as to save food. War activities call for great quantities of fuel in addition to the usual demand. To make this supply available every American must save. A little thought in the planning of your meals, with the saving of fuel in view, will make it possible to save an appreciable amount each day.

Utilizing the Flame.
For the woman who cooks with gas or liquid fuel, many economies are practicable. The purchase of a compartment vessel which enables one to cook two or three vegetables over one burner is a worth-while economy, since the gas from one burner cooks the food ordinarily requiring three burners. Or if you have a colander or a wire basket that fits over an ordinary kettle you can steam such vegetables as squash, peas or carrots over the kettle in which the potatoes are boiling.

Remember that when the flame spreads up around the side of the vessel you waste gas. Turn down the flame after the boiling point is reached, for the potatoes will not cook any more quickly in water that is boiling fast than in water that is boiling slowly.

The greatest amount of gas wasted, however, is by the indiscriminate use of the oven. Too often the oven is lighted to bake a single dish when by a little careful planning the whole dinner can be baked by the heat expended upon one dish.

Three Fuel-Saving Dinners.
Here are three dinners planned to utilize the heat of the oven to the best advantage, all the hot dishes of which may be baked at the same time.

I.
Peppers stuffed with Rice and Cheese.
Baked Potatoes. Baked Onions.
Corn Dodgers. Butter.
Baked Tomatoes.
Baked Coconut Custard.

II.
Roast Beef with Browned Potatoes and Gravy.
Baked Whole Tomatoes.
Fresh Celery.
Bran Biscuit. Butter.
Apple Betty.

III.
Smothered Veal.
Glazed Sweet Potatoes.
Baked Corn. Pickles.
Baked Bread. Butter.
Sliced Fresh Peaches or Baked Dried Peaches.
Oatmeal Drop Cookies.

It may not always be convenient to have such a baked dinner, but if you do light the oven to bake cake or even quick bread, think ahead far enough to have some sort of fruit or pudding ready to put in the oven for use at a later meal. If such care is used it may prove better economy to make frequent use of the oven.

Save Time as Well as Fuel.
Another way to save fuel is the use of the fireless cooker for meat, cereals, and some vegetables. The main point in the conservation of fuel in cooking is planning ahead how to make the best use of the smallest amount of fuel. A meal cooked with the aid of a fireless cooker must be planned ahead, for time is required for this type of

cooking. You will find that the meals planned ahead carefully are better meals and you will be surprised how much you can cut your fuel consumption.

SAVING AND WASTING

Save by Using:

Dates, raisins, figs, to sweeten puddings and cereals.
Fruit and nut confections for candy.

Honey, sirups, maple sugar, and molasses in cakes, cookies, and all desserts.

Less sugar in beverages.

Thinner sirups or no sirups in canning.

No frosting unless made without sugar.

Waste by Losing:

Sugar dregs in coffee cups and iced-tea tumblers.

Sugar leavings in cereal bowls and saucers.

Sugar spilled in little lots in cooking.

Sugar spent to make caramel for flavor or coloring.

Good sugar spoiled in scorched food or by careless cooking.

Pieces of cake or cookies or any sweetened dessert left to be thrown away.

Sauerkraut Is in Season.

Attempts have been made to keep popular the tasteful and popular dish of sauerkraut by changing the name to Liberty cabbage. But if the rose will smell as sweet by any other name, so will sauerkraut taste as good to many people whether its name be changed or not.

The essential points to make good kraut are the use of mature, sound cabbage, scrupulous cleanliness throughout the process, and proper care of the surface of the brine after fermentation is completed.

In making sauerkraut for home purposes the outer green leaves of the cabbage should be removed, just as in preparing the head for boiling. In addition, all decayed or bruised leaves should be discarded and the core removed. If an instrument for this purpose is not available, it is advisable to quarter the heads and slice off the part of the core remaining on each quarter. The cabbage should be shredded by one of the hand-shredding machines sold upon the market for such purposes, or, if one is not available, the heads may be cut into thin slices with a saw cutter or a large knife.

The shredded cabbage should be packed immediately into a perfectly clean, water-tight receptacle, such as a cider or wine barrel, keg, or tub. As it is packed into the receptacle add salt in the proportion of one pound of salt to forty pounds of cabbage, distributing it evenly throughout the cabbage. Experiments have shown that approximately two and one-half pounds of salt to each one hundred pounds of shredded cabbage give the best flavor to the resulting kraut.

When the barrel or crock is nearly full, the cabbage should be pressed down as firmly as possible and covered with a clean board cover. It is advisable, but not essential, that clean cloth be placed over the cabbage before the cover is put into place. The salt soon extracts a considerable amount of the cabbage juice from the cabbage, and a sufficient weight of clean brick or stone should be added to cause the brine to rise up to the wooden cover. Set the container aside until fermentation is complete and skim off any scum that forms.

To prevent your little girl's stockings tearing with the suspenders, make an eyelet hole at the top of the stocking, worked strongly round. You can then pass the suspender through the hole.

U-BOAT CHASERS DO GREAT WORK

Allies Praise Americans for Part They Played in Durazzo Engagement.

ACTIVE DUTY PLEASES MEN

Squadron of Twelve Commanded by Captain Nelson Forms Screen for Big Warships—One of Fate's Queer Twists.

London.—A contingent of 12 American submarine chasers played a brilliant and novel part in the Durazzo engagement. This chaser squadron effectively acted as a screen around the big ships engaged in the bombardment to protect them against submarines. The Americans were under heavy fire, but had no casualties.

Capt. C. P. Nelson and Lieut. Com. P. H. Bastedo commanded the squadron. A large percentage of the officers and men were of the naval reserve and reports of the operation praise their work highly.

The Americans definitely sank one submarine and damaged and probably destroyed another. After the engagement they escorted a British cruiser which had been hit by a torpedo safely to the base from which the expedition started. An enemy hospital ship was also taken in charge for examination.

Active Duty Pleases Men.

Throughout the bombardment and when the forces were approaching the harbor the chasers circled swiftly around the big ships. A report received here says the men had a good time and evidently were pleased with the success of the first achievement of this character the chasers had attempted to work. Heretofore they have been patrolling, dropping depth charges and firing on enemy submarines.

Austria-Hungary has at the most only two modern battleships left; she has lost a large number of small craft, and now Durazzo, the advanced base of her depleted fleet, has been rendered useless, writes the British naval expert, Archibald Hurd, in the Daily Telegraph. Continuing, he says: "Durazzo, practically dominating all one side of the Adriatic, was to the Austrians what Zeebrugge was once to the Germans. No effort had been spared to make it an impregnable port which would be valuable to the Austrians, as a base of military forces of the quadruple alliance in Albania, and in addition be a pistol aimed at the allies."

Sees One of Fate's Queer Twists.

In the scheme of attack provision had been made by the entente naval forces for the co-operation of American submarine chasers, of which quite a number have been working in the Mediterranean. It was no irony of fate that whereas the Germans boasted of

the damage their submarines would do to the Americans it was the submarine chasers of our friends which traveled about four thousand miles to deal with the German partner at his gateway.

"The American seamen will be cordially congratulated by their comrades in the other allied navies on the destruction of two Austrian submarines. The attack was a direct and menacing challenge to the Austro-Hungarian fleet, and it presents another effective blow struck at the enemy."

"The task of making a way through the mine fields in broad daylight must have been a difficult and hazardous one. We shall probably learn that some of our hardy east coast fishermen, Englishmen and Scotchmen, had a hand in clearing the passage for the warships."

HERO BELITTLES HIS HEROIC DEED

Doesn't Think Much of Act That Won Cross.

All He Did Was Swim River Under Fire and Rescue Wounded Frenchman.

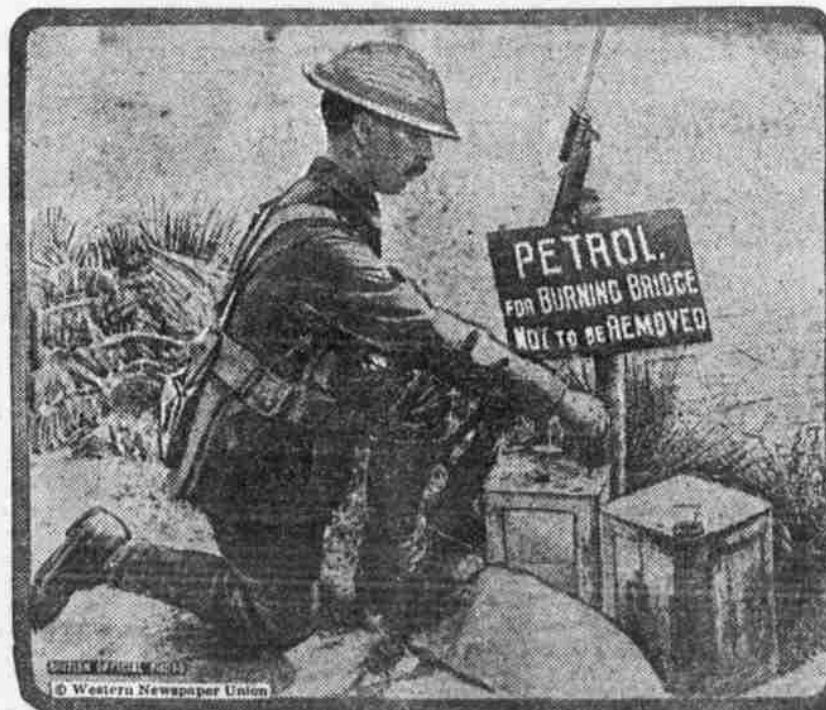
Pittsburgh.—"Now listen, get me! There's been so much hot air about this hero stuff that I want you to get it straight. I saw this French bird across the river and I went and got him. If I hadn't someone else probably would have taken the same chance."

In these words Capt. Walter R. Flannery, who was awarded the Cross of War for swimming the Marne river and rescuing a wounded French soldier at the time the Germans held the Alsine-Marne salient, disposes of any attempt to make a hero of him for the deed. At the time Flannery was a lieutenant. He is at his home here on a furlough.

The wounded man lay on the bank across the river from where the Americans were stationed at Savigny. Disregarding a French officer's warning that it probably was a ruse to attract Americans over that the Hun might learn what division opposed them, Flannery waited until nightfall, when he stripped to his underclothing and swam across. The Germans spotted him and most of the trip was under water. Flannery tells the rest of the story as follows:

"When I got over I found the man. All the French I knew was 'ici, ici'—'here, here'—and then the bird went hysterical and refused to come into the water. He was too weak to tie the rope I had brought along, so I

READY FOR DESTRUCTION OF BRIDGES



petrol and tar ready for the destruction of bridges at a moment's notice are placed everywhere by the belligerents in France. Just now it is the Germans who are burning the bridges to protect their retreat.

AIRMAN ESCAPES DEATH

London.—A British airman flying a powerful machine at 16,000 feet over Ostend recently had the machine's tail shot off by the direct hit of a shell, a very unusual occurrence.

The machine turned upside down, out of control, and the pilot was thrown out of his seat. By some inexplicable maneuver he managed to clamber onto the bottom of the fuselage of the machine astride of which he sat as if he was riding a horse.

Though the machine was out of control, owing to the loss of its tail planes, yet by moving forward and backward he so managed to balance it that it glided steadily downward, although it was upside down.

He successfully brought it across the German lines and came safely to within a few hundred feet of the ground. Then he crashed and was injured, but is now recovering in hospital.

ident occurred at a height of 16,000 feet, over hostile territory, and that during the airman's terribly precarious ride he was subject to anti-aircraft fire, and liable to the attack of hostile scouts, it is not too much to say that this is a record achievement.

Recently another airman was shot down, out of control, from 13,000 feet, and fell, fluttering like a leaf toward the ground. At a height of 9,000 feet he fainted. Shortly afterward he came to, and found himself in the machine upside down in a marsh, unharmed.

Corncocks for Overseas.

St. Louis, Mo.—The United States government recently closed a hurry-up order with the several manufacturers of corncock pipes at Washington, Mo., for 1,500,000 pipes. At the same time the national organization of the Knights of Columbus closed a contract for 250,000 of the same kind of pipes. All are to be ready for overseas.

LABRADOR FISHERY IS SHORT

Only 50,000 Quintals Are Expected This Season, Against 250,000 in a Good Year.

St. John's, N. F.—The Labrador fishery, one of the principal branches of the Newfoundland cod fishery industry, threatens to be very short this year. The fish are shipped direct from the coast to European countries, mainly Portugal, Spain, Italy and Greece, and very high prices are obtained now—days, virtually double the figures ruling before the war started. The Labrador fishery of Newfoundland has not in late years attained the same proportions as formerly when some 20,000 fisher folk, men, women and children, migrated there every summer for the fishing season, and the catch in some years reached 250,000 quintals. A good season at present would represent half these figures, whereas the outlook just now is that for the 10,000 or 12,000 people engaged, not more than 50,000 quintals will be obtained.



WAR WORK

American women nurses are installed eight miles in the rear of the fighting lines "over there." Right here at home many women should learn nursing to take care of the sick or, in emergencies, the wounded. You can learn a great deal

by obtaining the "Medical Adviser," a book of 1,000 pages, bound in cloth, containing chapters on First Aid, Bandaging, Anatomy, Hygiene, Sex Problems, Mother and Babe, 200 prescriptions for acute and chronic diseases; profusely illustrated by wood cuts and colored plates. Ask your druggist or send 50c. to Publisher, 663 Main Street, Buffalo, N. Y.

If a woman is nervous or has dizzy spells, suffers from awful pains at regular or irregular intervals she should turn to a tonic made up of herbs, and without alcohol, which makes weak women strong and sick women well. It is Dr. Pierce's Favorite Prescription. Then, for the liver and bowels nothing is so good as Dr. Pierce's Pleasant Pellets.

Alton, Ill.—"I had need of a medicine to aid me when in a delicate way. I saw 'Favorite Prescription' advertised in the paper. I began taking it and it helped me at once. I used it for six months and it proved the best medicine for that purpose. It makes one stronger, more comfortable and better able to bear the troubles that go with that situation. I was so delighted with the good I received that I have recommended it to my friends."

—Mrs. C. C. Twichell, 1017 E. 4th St.

Calf Enemies

WHITE SCOURS BLACKLEG

Your Veterinarian can stamp them out with Cutter's Anti-Calf Scour Serum and Cutter's Germ Free Blackleg Filtrate and Aggravant, or Cutter's Blackleg Pills.

Ask him about them. If he hasn't our literature, write to us for information on these products.

The Cutter Laboratory
Berkeley, Cal., or Chicago, Ill.
"The Laboratory That Knows How"

Your Best Asset—A Skin Cleared By—Cuticura Soap

All druggists, Soap, 25c. Ointment, 50c. 10c. Tube, 10c. Sample each free of "Cuticura," Dept. 5, Boston.



Always Something Doing.

Willis—How do you like army life? Quite a number of new turns for a fellow to get used to, I suppose.
Gillis—You bet. At night you turn in, and just as you are about to turn over somebody turns up and says "turn out."—Life.

LIFT OFF CORNS!

With fingers! Corns and calluses lift off. No pain!

Magie! Just drop a little Freezone on that touchy corn. Instantly it stops aching, then you lift the corn off with the fingers. Truly! No humbug!



Try Freezone! Your druggist sells a tiny bottle for a few cents, sufficient to rid your feet of every hard corn, soft corn, or corn between the toes, and calluses, without one particle of pain, soreness or irritation. Freezone is the discovery of a noted Cincinnati genius.—Adv.

Distrust.

"My husband has written me three ten-page letters describing how he has taken care of the rubber tree and the goldfish and everything. I distrust him."

"Why?"
"If he were working as hard as he says he is, he wouldn't have time to do all that letter writing."

ASTHMADOR

GUARANTEED TO INSTANTLY RELIEVE ASTHMA